

# The LINK

September 2014



## We Remember Jason Schmidt...

On August 15<sup>th</sup>, we received the news that Jason had suddenly passed away. Jason had only been with LINX for a few years, but he had a significant impact on everyone who was fortunate enough to meet him.

Wavey Burton from Flaman shared a bit about Jason's time there. Jason was employed by Flaman Sales Ltd. in Nisku for 3 ½ years. He was referred through the Leduc Composite High School work experience program by Jim Toomey. Jason started working in our Rope room and learned how to braid ropes and make tow ropes. He soon became so proficient that he was able to teach others. He was an inspiration to all employees and he brought a smile to everyone's face. He was always looking on the bright side and had a very positive attitude. It was a pleasure to see Jason each week. He was admired by all employees for his positive outlook on life and his ability to overcome any obstacles in his path. August 15<sup>th</sup> was a sad day for all employees of Flamans. We were shocked to hear the news of Jason's passing. We will miss Jason but we have many fond memories. We are thankful that we had the opportunity to share 3 ½ years of his life.



Jason's job coach Dolores represents LINX well with her thoughts on Jason and his wonderful strength of character. She recalls that he was very kind, considerate, and polite, with a fabulous sense of humour. He would always open doors for people, and was always looking for an opportunity to make others laugh or smile. His positive attitude motivated him to take on any challenges and successfully overcome barriers. He was always able to see the best in people and any situation.

Jason can easily be described in his own words. When Nicole told him how nice he looked at the Gingerbread Gala, Jason grinned and said "and this is the best I've seen you look too". This was a popular theme for Jason, who posted on his Facebook on November 12, 2010 "Oh boy cannot see anything. Power went out :P". He was also easily inspirational with things such as "Even though I have lost my sight I have not lost my vision" from his grad speech or "God's gift to us was life. What we do with it is our gift to him." Thank you for being a part of our lives, Jason. You will be greatly missed, but never forgotten.

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**Dates to remember:**  
Sep 4 – Office Closed  
Sep 17 – Board meeting  
Sep 19 – My Life Presentation, 12:30  
Sep 22 – Timesheet/Invoices due  
Oct 9 – Bingo workers needed!  
Nov 9 – Bingo workers needed!  
Dec 30 – Bingo workers needed!

### Hearts and Heroes



**Board Members**  
Ed Boender – Chairperson  
Cortnee Brunet – Vice-Chair  
Kim Dozois – Treasurer  
Jennie Tomlinson – Secretary  
Susan Boyle – Director  
Maria Semrau – Director  
Eliza Kurdziel – Director  
Eileen Radawetz – Director  
Matt Tanner – Client Rep

**Recycling Donation Challenge**  
(as of the end of August)



\$ 831.10



You can now safely  
donate to LINX online at  
[www.leduclinxconnect.ca](http://www.leduclinxconnect.ca)



# Board Chair Report

Summer is drawing to a close and the days are already starting to get shorter. As I sit here in my dining room, the breeze through the windows has definitely cooled in the last few days. With the end of summer there is always a new beginning in the fall season –schools, courses, programs – they are all new beginnings even with the summer ending.

Yet again, however, we as an agency are sending our condolences to another one of our families with the passing of Jason Schmidt. I didn't know him well but I can only imagine the emotions his family is feeling – please know that our thoughts are with you, Schmidt family.

As we move into the fall season, please remember our staff and volunteers – their jobs are never done and they work tirelessly to improve the lives of our clients. I encourage you to take the time to speak a word of encouragement to them – they are invaluable to our organization.

~ Ed

# Executive Director Report

I have to start with a sad farewell to Jason Schmidt. He was and always will be an inspiration to myself and so many others, and it was a privilege to know him. Our deepest condolences go out to his family and friends. Please review the tribute both at the beginning and end of the newsletter for just some of the ways he inspired us.

I am very excited to have the opportunity for LINX to participate in a My Life Survey. This process interviews our individuals to assess how their lives are going and where they would like to see more supports. The combined anonymous results are then given back to LINX. This allows us to adapt our programs based on 8 sets of criteria (Emotional well-being, Interpersonal relations, Material well-being, Personal development, Physical well-being, Self-determination, Social inclusion, and Rights), to offer the best services to those involved with LINX.

Finally, and as always, I would like to thank everyone for all of their support, and wish you a happy, healthy and safe September!

~ Nicole

# Day Program Report

September is a pretty time of the year with the leaves turning color. It is also a time when the weather starts to cool off, especially in the evenings.

- September 1 is Labour Day
- 4 Cats Art Studio Classes starting up again for September 8, 15, 22, 29.
- MANDT Training (mandatory) run
  - September 5, 12, 19.
  - October 28,29,30
  - November 5,12, 19
  - December 9, 16, 23
- Leduc Library Adult Class September 11.

## Lunch Snack for September are:

- Sept.5 - Smashed Potatoes
- Sept 12 - Vegetable Soup
- Sept 19 - Vegetable Couscous
- Sept 26 - Sesame Glazed Vegetables

~ Colleen

# Residential Program Report

It is that time of year. Fall starts creeping in. Children are going back to school. The summer vacations are coming to an end. It won't be long and we will be scraping windshields and wearing sweaters.

The residential program has been having some changes and challenges over the summer. We want to welcome a new client to the residential program. So if you see a new face say "hi" and make him feel welcome. We have also welcomed back a caregiver from the past. Welcome home Cathy!

I have been working to have some of our trainings updated so we will not have a whole bunch to do at once. The entire residential team is certified in FOIP. Way to go ladies! We have one MANDT training scheduled per month through December. Please choose your choice of date to take the course. One of these dates will likely be a recertification course.

Colleen has been working to schedule a Medication Administration Course. The date for that will be October 21, 2014. Be prepared you may be required to take the course.

Many thoughts and prayers go out to Jason's Family. Even though he was not a part of the residential program the conversations we had meant a lot to me.

I hope that everyone has a happy and safe Labour Day!

~ Ronni

# MANDT Moment

**R**ecognize  
**A**ssess  
**D**ecide  
**A**ct  
**R**eview Results

## Sally's Gluten Free!

This is one of my favorites, especially in summer when fruit is abundant and you refuse to spend a lot of time in the kitchen.

### GLUTEN FREE FRUIT CUSTARD

Mix together

- 1 1/3 cup of granulated sugar
- 5 Tablespoons of GF flour blend ( I use the Robin Hood GF flour, Co-op and Safeway have it) or use your own blend/ brand.

Combine together and then blend in:

- 3 eggs
- 1/4 c milk
- 2 Tbls melted butter

Beat smooth with a blender or food processor or rotary beaters.

Stir in 4 cups of fruit (cherries, apples or berries, whatever is in season). Pour into a lightly sprayed baking dish. Bake in pre-heated 425 oven for 15 minutes, then reduce heat to 350 and bake till set (when a butter knife or cake tester in center comes out clean the custard is set) for approximately 20-30 minutes depending on how thick or thin your custard is and according to the size dish you use. Cool before serving. Top with whip cream or ice cream if desired.



## Newsletter Class...

On the 16<sup>th</sup> of August a group of LINX, client, staff, and parents got together to volunteer for JV Driver's 25<sup>th</sup> anniversary celebration. LINX played the role of carnive running games and manning rides. Three of us worked in a fun house with four games. It was nice to see the kids got so excited when they did well. There was lot more excitement at the celebration including bowling, laser tag, a bouncy house, a bouncy slide, petting zoo, a very popular roping horse, free popcorn, etc. We all got free black or white cowboy hats. There was live music and a delicious barbeque afterwards. It was a fun opportunity to be a part of.



# Our "... of the month" club!

There are so many people who make our world a better place. So, we have decided they needed individual recognition. Please help us celebrate our Citizen of the Month, our Residential Provider of the month, our Staff of the Month, and our Employer of the month. If you see someone in any of these categories that you would like to see recognized, please let us know!

## Citizen of the Month

**Teara Serena!** Teara is new to LINX but has started a paid position at the Nisku Rec Centre. As soon as Teara Arrived her encouraging and friendly attitude showed to all who have met her. She always has something kind to say to all her peers and is a good mentor to others. Welcome Teara!!!

## Employer of the Month

**Nisku Rec Centre!** We have three clients that are employed at this Centre. Your support you give our clients is amazing. Thank you for all your support!!!

# Thank you!!!

## Staff of the Month

**Linda Marshall!** Linda works well with all clients. She is a very flexible and positive staff. Keep up the great work Linda!!!

## Residential Staff of the Month

**Ineke Van Beek!** I have chosen this very nice lady because she is caught up on her notes even though the computer work scares the bejebers out of her. She will ask for help when she needs it. The client that lives with her made a smooth transition to living with her. She is willing to help out in a pinch when the Outreach schedule falls apart. Thank you for all that you do Ineke!!!

**Jason Schmidt** – *We all will have to endure some obstacles in our lives. Some will be more than others, we never know what life will throw at us and we just have to be prepared to catch it. I was at the top of my world. I was top 5 in Alberta for motorcross racing. I had an awesome hot girlfriend, I got my driver's license and a car, got along with my parents and school was... well school. I had my life all figured out. But apparently God had other plans. I was in a horrific accident which left me in a coma, with a brain injury, and complete loss of sight. Most people would think that, wow that's it, my life is over. But I woke up from that coma ready to catch what was thrown at me. Even though I had to relearn everything... walking, talking, eating... I did not let it get me down. God let me live for a reason, although I am still trying to figure it out. Even though I have lost my sight, I have not lost my vision. Some of you will be fighting through your own obstacles. No matter how small they might be, they will all feel like mountains. We all have them, but I want you to know you were not created to fail. We all have the ability to overcome. You need faith and family and friends. Don't ever let those go. No matter what you decide to do in life remember that in any circumstance, you can make a difference.*



~ Taken from Jason's 2009 Grad Speech